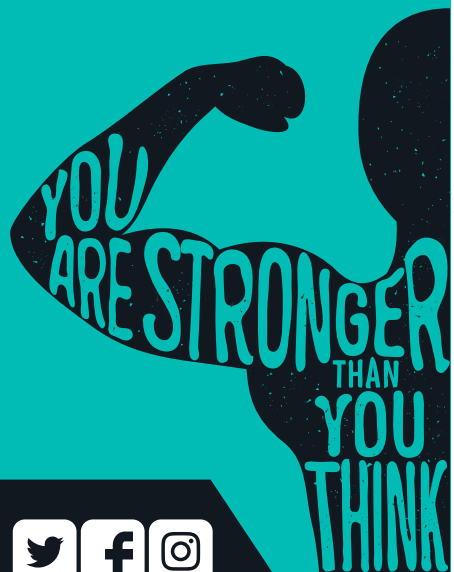


FITNESS CLASS SCHEDULE

EFFECTIVE JUNE 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	9:00 - 10:00 Zumba Dance		9:00 - 10:00 Zumba Toning	7:00 Command PT
11:00 - 11:30 Indoor Cycling	9:30 - 10:30 Water Aerobics (Outdoor Pool)	11:00 - 11:30 Indoor Cycling	9:30 - 10:30 Water Aerobics (Outdoor Pool)	
	11:00 - 11:45 Yoga		11:00 - 11:45 Yoga	
11:30 - 11:45 Core Class		11:30 - 11:45 Core Class		
4:00 - 4:45 Lower Body Workout	4:00 - 4:45 H.I.I.T Training Intervals (Basketball Court)	4:00 - 4:45 Upper Body Workout	4:00 - 4:45 H.I.I.T Training Intervals (Basketball Court)	4:00 - 4:45 Total Body Workout



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INDOOR CYCLE: Join us for this 30 minute, fun music filled, mega calorie burning ride. Improve your cardiovascular and strength endurance to improve your PRT scores! Great for all levels of fitness.

CORE CLASS: 15 minutes of total core work. Improve your powerhouse between your upper and lower body with a variety of core exercises! Your plank time will improve drastically!

UPPER BODY WORKOUT: Everything upper body for 45 minutes! Creative and effective upper body exercises that will be the game changer for your upper physique. Your chest, back, arms and shoulders will never be the same!

LOWER BODY WORKOUT: Everything lower body for 45 minutes! Get ready for these glute and leg exercises to rock your world! Work every angle of your legs, glutes, hip flexors, calves and shins!

TOTAL BODY WORKOUT: Put it all together and get the full body workout in 45 minutes! Upper and lower body combos, reps and sets for your whole body, along with some high intensity exercises to feel the full BURN! All fitness levels welcome; modifications will be offered.

YOGA: Try this gentle Vinyasa Yoga to help lengthen and strengthen the whole body. Using breath and Flow movements help improve your mobility and reduce your risk for injury. All fitness levels welcome, bring your own mat.

OUTDOOR STRENGTH WORKOUT: Enjoy an outdoor workout at the NOFFS zone. Use all types of strength modalities! Tires, sled, pull-ups, bar work, kettlebells and more will take your fitness to a new level!

COMMAND PT: Open to all active duty individuals and commands. This PT is a show and go, no reservation needed unless it's a group of more than 10. PT will include cardio, strength, mobility, motivation and fun! Email Jill.M.Sheppard@navy.mil if the group is 10 or more.

ZUMBA: This fun choreographed dance workout will get your blood pumping and your dance moves sharpened. Zumba combines Latin and International music with a fun and effective workout system. Burn calories while you dance your morning away!



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